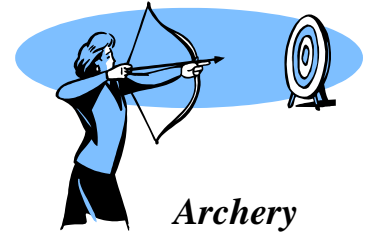


CRC 50+ Adventure Club



5 Parks 5 Weeks

Are you an
adventurous adult?



Archery

Have fun, make new friends and adopt a healthy lifestyle!

Join CRC 50+ Adventure Club!

The 50+ Adventure Club offers opportunities to learn
Archery, Kayaking, Hiking,
Discover Scuba, Sailing,
&

Rafting Trip down the Little Miami River.



Sailing

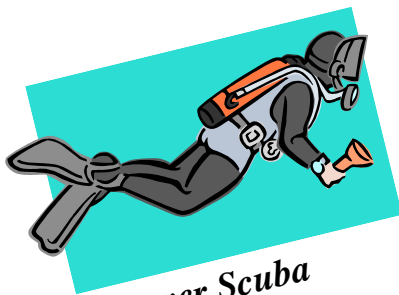


Senior RiverTrek

CRC membership required & additional fees for classes
are listed on the registration form.

Registration Required for all activities.

For more information please contact
Lynn Melzer at 352-4012 or
E-mail lynn.melzer@cincinnati-oh.gov



Discover Scuba



Kayak



Recreation programs and facilities are open to all citizens regardless of race, sex, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

2006 - CRC 50+ Adventure Registration Form

Name_____ Phone_____

Address_____ City_____ St_____ Zip_____

Date of Birth _____ Sex F M Age_____

IN CASE OF AN EMERGENCY NOTIFY

Name_____ Relationship_____ Phone_____ Cell_____

Name_____ Relationship_____ Phone_____ Cell_____

Allergies (include food/medications/other)_____

Medications_____

Accommodations - No _____ Yes _____ Please explain _____

Fees

CRC Member () Yes #_____

() No (Membership can be purchased at the centers)

() Archery () April 4—May 23 \$10.00 \$_____

() September 12-October 24 \$10.00 \$_____

() 5 Parks-5Weeks \$10.00 \$_____

() Kayak \$55.00 \$_____

() Sailing \$20.00 \$_____

() Senior RiverTrek \$75.00 \$_____

Total \$_____

() Discover Scuba FREE

Please make checks payable to: Cincinnati Recreation Commission

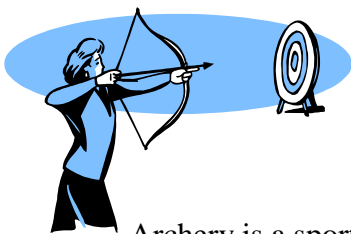
Mail completed & signed form to: Attn: Lynn Melzer
805 Central Avenue
Cincinnati, OH 45202

Participant Release

As a participant in this program/trip, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program/trip. I agree to waive and relinquish all claims I may have as a result of my participation in the program/trip, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my participation in the program/trip. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or arising out of, connected with, or in any way associated with the activities of the program/trip. I have read and fully understand this release form.

Signature_____

Date_____



CRC 50+ Adventure Club
Contact Lynn Melzer 352-4012 or email
lynn.melzer@cincinnati-oh.gov

“Archery”

Archery is a sport for a life time. Join us as we learn the basics of shooting bow and arrow. This class is geared for the beginner as well as experienced shooters. Participants will learn basic skills involving safety, equipment selection, shooting techniques, and scoring. In addition students will find out about other opportunities available in club and tournament play.

Tuesdays	1:30-3:30	1 st session April 4 - May 23, 2006 2 nd session September 12 - October 24, 2006
Location	Corryville	2823 Eden Avenue
Cost: \$10.00 plus CRC membership		Registration required

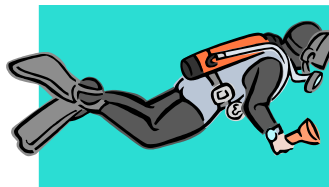
“Back Pack/Hiking” ***5 Parks – 5 Weeks***



Explore your backyard while getting into shape. Students will learn the proper techniques for hiking, proper shoes and will make a hiking stick. We will hike through local parks, one to two miles, carrying a day pack that includes water, food and an emergency kit. While hiking the woods our Don Brannen will be teaching the eco science of the forest that surrounds our neighborhood. Students should wear walking shoes first day of class.

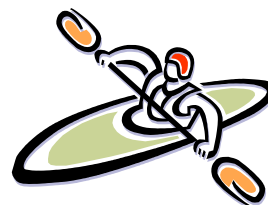
Wednesdays	9:30-1:00pm	June 14, 21, July 12, 19, August 2, 9, 2006
Location	McKie Community Center	1655 Chase Avenue
Cost: \$10.00 plus	CRC membership	Class limited to 12

“Discover Scuba”



Explore the underwater world in a morning. Imagine yourself swimming at the bottom of the ocean while discovering the answers to what lies beneath the ocean floor. “Discover Scuba” students will experience swimming in 3 feet of water with complete scuba gear, while learning the proper methods of scuba diving. Our instructor will share stories of adventurous dives & education opportunities. General information on obtaining a full PADI certification will be available.

Tuesday	10:30-12:30	June 13
Location	Oakley Outdoor Pool	3900 Paxton Avenue
Cost: Free with CRC membership		Registration required!



“Kayak Classes”

“Kayaking” Classes designed for the beginner student. Participants will learn the different type of Kayaks, basic paddling techniques, safety procedures, and working of equipment. Our instructor is Don Brannen an ACA certified Kayak instructor.

Thursdays	9:30-11:30am June 15, 22, July 13, 20, August 3, 10, 2006	
Location	McKie Outdoor Pool	1655 Chase Avenue
Cost: \$55.00 plus city & pool membership	Must have 8 participants	
Registration required		



“Sail Rider”

The Sail Rider program is an introduction to sailing that includes boat etiquette, safe boating tips and a ride on a boat driven by the wind. We will travel to Rocky Fork State Park in Hillsboro, Ohio by van. Departing at 8:00am from the Lincoln Community Center, 1027 Linn Street and returning approximately 6:00pm. Participants need to bring snacks & Water. Box lunch and transportation included.

Wednesday	8:00 – 6:00pm	September 20, 2006
Location	East Shore Marina	
Cost: \$20.00 plus city membership	Registration required	
Must have 8 participants		



“Senior RiverTrek”

The Senior RiverTrek journey begins approximately at 10:00am with everyone meeting at Morgan’s. On the river, we are planning to take it slowly to allow the group to acclimate to the conditions of the river and the peculiarities traveling by rafts. We will enjoy a cold lunch on the river. We cover **8 - 10 miles** this day and make camp at Morgan’s Riverside Camp-ground. Dinner will be provided at the camp site. Hot showers and restrooms and a covered picnic shelter are available at this site. Sleeping arrangements will be in tents with cots. Bring your singing voice for an evening of campfire entertainment.

Our second day begins with a campfire breakfast provided. After we break camp, we will paddle down the river to the pull out site. Enjoying a cold lunch and return to the Morgan’s base approximately 1:00pm.

Monday & Tuesday	August 28 & 29, 2006
Location	Morgan’s’ Canoe
Cost: \$75.00	Registration required